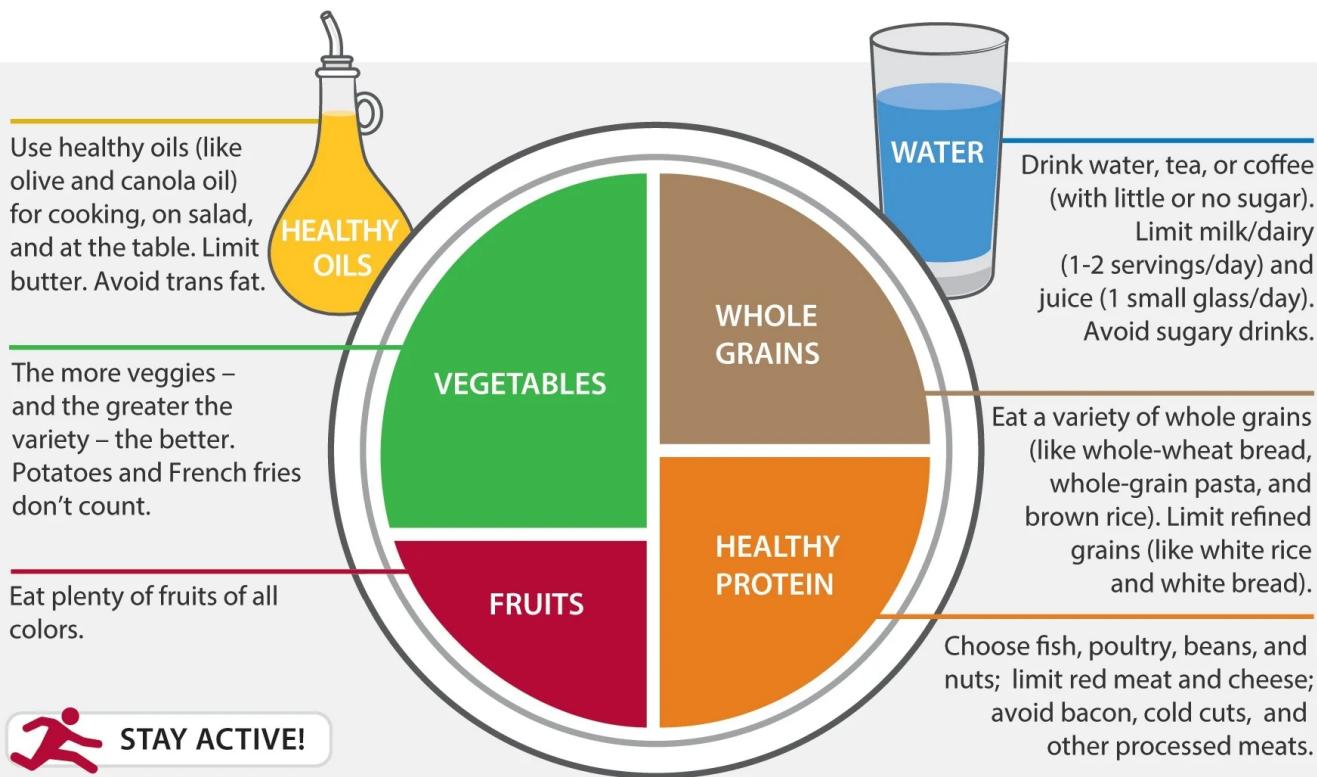


# HEALTHY EATING

## HEALTHY EATING PLATE



Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School   
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)

### DASH Diet:

- More fruits, vegetables, whole grains, fat-free/low-fat dairy, beans
- Limit fatty meats, sweetened food products, sodium, saturated/trans fat

### Tips for eating comfort foods that aren't as healthy

- Use low calorie ingredients (ex. Low fat cheese in pasta)
- Eat them less often or in smaller amounts
- Indulge yourself once in a while—it will keep you happy



# Home Exercise Plans



## Tips:

1. **Timing:** try to work out in the morning so that even if unexpected things happen (traffic jams, phone calls, last-minute invites) you've met your fitness goals for the day.
2. **Efficient workouts:** try to do a 20-30 minute workout 3 days a week and aim for a mix between strength training (dumbbells, kettlebells, weights) and cardio (walking, running, dance, swim, etc)
3. **Adaptable schedule:** fit your workouts around your life.
4. **Track your progress:** use a calendar or a planner and mark down every time you follow through with working out.
5. **Keep hydrated:** try and drink 2 liters of water a day!

## Rest Days:

1. Try and move around as much as possible!
2. Try to get 10k steps a day
3. Eat healthy all week!





## Exercise Plan: With Equipment (Kettlebell)

### Day 1:

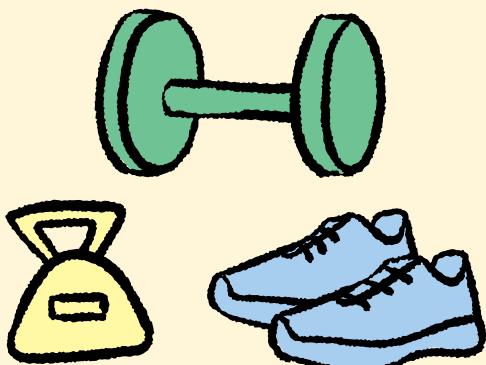
- Goblet Squats (3 sets x 4-6 reps)
- Single Arm Shoulder Reps (3 sets x 4-6 reps)
- One Arm Bent Over Row (3 sets x 4-6 reps)
- Kettlebell Swings (3 sets x 4-6 reps)
- Cool Down

### Day 2:

- Kettlebell Deadlifts (3 sets x 4-6 reps)
- Floor Press (3 sets x 6-8 reps each side)
- Uneven Forward Lunges (3 sets x 10-16 reps each side)
- Kettlebell Biceps Curls (3 sets x 8-12 reps)
- Cool Down

### Day 3:

- Weighted Glute Bridge (3 sets x 6-8 reps)
- Shoulder Press (3 sets x 6-8 reps each side)
- One Arm Bent Over Row Weighted Glute Bridge (3 sets x 6-10 reps each side)
- Goblet Squats (3 sets x 4-6 reps)
- Cool Down



## **Exercises Without Equipment**

### **Push Up**

1. a. Lie facedown and place hands on the floor, slightly wider than shoulders. Push up to lift shoulders, torso, and legs until arms are fully extended. Only your hands and toes should be touching the floor. Slowly lower your body until your chest almost touches the floor, then repeat.

### **Burpee**

2. a. From a standing position, lower yourself into a squat and put both hands on the floor, just wider than your feet. Jump feet back into a plank position. Do a push-up, returning to the plank position. Draw your legs back up into a squat, then jump up explosively with your hands above your head. Repeat.

### **Plank**

3. a. Start in plank position, with elbows and toes on the floor, core engaged, and torso elevated. Raise yourself into a push-up position by extending one arm at a time, keeping your body straight. Lower onto your elbows one arm at a time. Repeat.

### **Tricep Dip**

4. a. Start seated in a chair (or on a step, etc.). Grab the edge of the chair with hands on either side of hips. Lift up and out into a hovering position beyond the chair edge. Extend legs until mostly straight. Slowly lower yourself toward the floor until elbows are roughly parallel with shoulders. Push down into your hands to raise back up until your arms are straight again. Repeat.

### **Inchworm**

5. a. Stand with knees slightly bent. Bend at your hips and slowly reach down and touch your toes. Place hands on the floor, then “crawl” them away from your torso until you’re in a plank position. Take insect-size steps forward until feet meet hands. Repeat.

### **Step Up**

6. a. Go to the stairs in your home or, if you don’t have a staircase, place a sturdy box in front of you. Step up onto the box or the first stair with your right foot, then your left. Reverse, stepping back down with right foot, then left. Repeat, switching the leg you start with each time.

### **Lunge**

7. a. From a standing position, take a big step forward with one leg. Lower your body toward the floor until the upper thigh of the front leg is nearly parallel to the floor and the back knee is just above the floor. Raise up by putting pressure on the heel of your front leg. Repeat by taking that big first step with the opposite leg.

### **Squat**

8. a. Stand with feet slightly wider than shoulder width. Extend arms straight with palms facing down. Inhale and push hips back slightly as you bend your knees. Look straight ahead and keep chin up, shoulders upright, and back straight. Squat as low as you comfortably can, aiming to have your hips sink below your knees. Engage your core to push upward explosively from your heels.

### **Jumping Jacks**

9. a. Stand with your feet on the ground and when you jump, spread your legs shoulder width apart and move your arms above your head. Keep repeating this process.

### **Sit Ups**

10. a. Lay down on your back. Cross your hands against your chest. Try and push your upper body up so your chest meets your knees. Make sure to keep your core tight.